

ABSTRACT OF THE DISCLOSURE

5 An object is to provide a cage and a thrust roller bearing with improved oil passage performance of a lubricating oil in the inside of a bearing while holding a needle roller in a stable manner so as to ensure excellent durability. The thrust roller bearing includes a needle roller and a cage holding the needle roller in pockets for accommodating the same. A length L_a of a roller holding portion provided in the pocket is set to be within a range of 30% to 80% of a length in a radial direction of the pocket.